

10 Things You Can Do to Prevent Winter House Fires

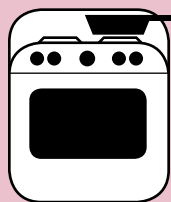


There are many things you can and should do year-round to protect your home from fire. The winter months bring additional concerns, and additional need for vigilance. Here are some tips to remember this winter season.



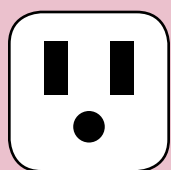
1. Turn off space heaters every time you leave the room and make sure space heaters have at least three feet of clearance from everything in your home.

2. Never leave candles unattended, and make sure they're in a safe place where they can't be tipped over. Extinguish candles before going to bed.



3. Stay alert while cooking holiday meals. Holiday fires often occur when too many burners and other cooking appliances are in use.

4. Pay special attention when using deep fryers for cooking turkey or other holiday meals. Never use these fryers to cook frozen turkeys.



5. Don't overload electrical outlets or run extension cords under carpets, across doorways or near heaters.

6. Be especially cautious when relighting pilot lights.

7. Check the water level in your holiday tree every day.



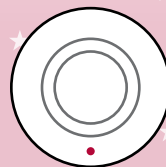
8. Use only miniature holiday lights, and do not leave them unattended. Throw away any holiday lights that appear cracked or leave fraying cords or damaged plugs.

9. Recycle your holiday tree or leave it for your refuse collector as soon as the holiday season is over.

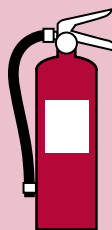
10. Make sure that all appliances meant to be used outdoors – such as barbecues – remain outdoors.

7 Things You Can Do to Protect Yourself and Your Family in the Event of a House Fire

We hope a fire never breaks out in your home, but here are some important tips to help keep you safe should it ever happen:



1. Install smoke detectors in your home, and check them regularly. (Many fire protection agencies will provide detectors to those who cannot afford them.)



2. Keep a fire extinguisher near your cooking area, and make sure you know how to use it.



3. Put a lid on a pot or pan to extinguish a food or grease fire (never use water on a grease fire), and close the oven door and turn off the heat if an oven fire occurs.



4. In case of a burn, pour cool, not cold, water over the burn area for three to five minutes only. Do not use ice. Seek medical attention as soon as possible.

5. If clothes catch on fire, remember to stop, drop and roll.

6. If fire starts, stay low to the ground and cover nose and mouth with a dry cloth.

7. Do not apply ointments or butter to burn wounds. The oil base in these products can cause a deeper injury.

For more information:



California Association of
Public Hospitals and Health
Systems: www.caph.org



California State Firefighters'
Association: www.csfa.net